



## 2016 Reasonable Alternative Standards Calendar of Events



All activities listed below will be awarded 1 (one) RAS point upon providing proof of attendance in person to EHN.  
(No emails, inter-office or faxed documents accepted. Must be hand delivered in person to EHN)

**\*\*RAS activities must be done on your own time\*\***

*Employee is limited to 1 (one) point per presentation/No duplicate presentations*

Activity/Presentation	Presenter	Date	Time	Location
<b>December</b>				
Understanding Your Health Risk Assessment (HRA)	Oneida Presentation	Thursday, December 3	12:10 pm-12:50 pm	Employee Services
How to Improve Your Health Risk Assessment (HRA)	Oneida Presentation	Monday, December 7	12:10 pm-12:50 pm	Employee Services
Ergonomics/Stretching	Aurora Presentation	Tuesday, December 8	7:10 am-7:50 am	Employee Services
Understanding Reasonable Alternative Standards (RAS)	Oneida Presentation	Tuesday, December 8	12:10 pm-12:50 pm	Employee Services
Just Move it Oneida (JMIO)	Jingle Walk	Wednesday, December 16	4:00 pm-6:30 pm	Elementary School
Fuel Your Workout	Bellin Presentation	Thursday, December 17	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services
Mental Wellness Topic: <i>Gambling: Fun or Foe</i>	OBH Education Series	Monday, December 21	4:00 pm-6:00 pm	Parish Hall
Lunch Snow Shoe/Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Tuesday, December 22	12:00 pm-1:00 pm	Oneida Family Fitness
Ergonomics/Stretching	Aurora Presentation	Tuesday, December 22	12:10 pm-12:50 pm	Employee Services

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
<b>December</b>				
Lunch Snow Shoe/Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Tuesday, December 29	12:00 pm-1:00 pm	Oneida Family Fitness
<b>January</b>				
Lunch Snow Shoe/Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, January 7	12:00 pm-1:00 pm	Oneida Family Fitness
Understanding Your Health Risk Assessment (HRA)	Oneida Presentation	Monday, January 11	12:10 pm-12:50 pm & 4:10 pm-4:50 pm	Employee Services
Lunch Snow Shoe/Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, January 14	12:00 pm-1:00 pm	Oneida Family Fitness
Mental Wellness Topic: <i>Support for Families of Substance Abusing Loved Ones</i>	OBH Education Series	Monday, January 18	4:00 pm-6:00 pm	Parish Hall
Using Essential Oils to Manage Stress <i>Registration Required: 490-3651</i>	EAP Presentation	Wednesday, January 20	12:10 pm-12:50 pm	Cottage 1240
How Your Health Affects Your Eyes	Oneida Presentation	Wednesday, January 20	12:10 pm-12:50 pm	Oneida Community Health Center-Main Conf Rm.
Lunch Snow Shoe/Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, January 21	12:00 pm-1:00 pm	Oneida Family Fitness
Cross Country Ski <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, January 21	5:00 pm-6:30 pm	Oneida Family Fitness
How to Increase & Spice Up Your Water	Oneida Presentation	Friday, January 22	12:10 pm-12:50 pm	Employee Services
Just Move it Oneida (JMIO)	New Year Walk	Saturday, January 23	9:00 am-11:30 am	Elementary School
Chiropractic: An Insiders Guide	Oneida Presentation	Monday, January 25	12:10 pm-12:50 pm	Employee Services
Chiropractic: An Insiders Guide	Oneida Presentation	Tuesday, January 26	7:10 am-7:50 am	Main Casino-Exec Conf Room

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
<b>January</b>				
Lunch Snow Shoe/Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, January 28	12:00 pm-1:00 pm	Oneida Family Fitness
<b>February</b>				
Oral Health & Diabetes	Oneida Presentation	Wednesday, February 3	7:10 am-7:50 am	Oneida Community Health Center-Main Conf Rm.
Lunch Snow Shoe/Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Wednesday, February 3	12:00 pm-1:00 pm	Little Bear Dev. Center
Lunch Snow Shoe/Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Wednesday, February 10	12:00 pm-1:00 pm	Norbert Hill Center
Oral Health & Diabetes	Oneida Presentation	Wednesday, February 10	12:10 pm-12:50 pm	Oneida Community Health Center-Main Conf Rm.
Cancer 101	Aurora Presentation	Thursday, February 11	7:10 am-7:50 am	Employee Services
Eating Healthy on a Budget	Bellin Presentation	Thursday, February 11	12:10 pm-12:50 pm	Employee Services
Cross Country Ski <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, February 11	5:00 pm-6:30 pm	Oneida Family Fitness
Mental Wellness Topic: <i>Understanding Complicated Behaviors in Children</i>	OBH Education Series	Monday, February 15	4:00 pm-6:00 pm	Parish Hall
Lunch Snow Shoe/Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Wednesday, February 17	12:00 pm-1:00 pm	Oneida Community Health Center
Getting Ahold of Your Hormones	Aurora Presentation	Friday, February 19	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services
Winter Blues	Bellin Presentation	Tuesday, February 23	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
<b>February</b>				
Lunch Snow Shoe/Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Wednesday, February 24	12:00 pm-1:00 pm	Land Management
Mindful Way Through Stress	Oneida Presentation	Wednesday, February 24	12:10 pm-12:50 pm	Employee Services
Just Move it Oneida (JMIO)	Family Fun Night	Wednesday, February 24	5:00 pm-7:00 pm	Elementary School
Cancer 101	Aurora Presentation	Thursday, February 25	12:10 pm-12:50 pm	Employee Services
<b>March</b>				
Getting Mentally Ready for Weight Loss	Oneida Presentation	Tuesday, March 1	12:10 pm-12:50 pm	Oneida Community Health Center-Main Conf Rm.
The Ups & Downs of Bipolar Disorder	Oneida Presentation	Friday, March 4	12:10 pm-12:50 pm	Employee Services
Understanding Your Health Risk Assessment (HRA)	Oneida Presentation	Monday, March 7	12:10 pm-12:50 pm & 4:10 pm-4:50 pm	Employee Services
Label Reading	Bellin Presentation	Tuesday, March 8	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services
How to Improve Your Health Risk Assessment (HRA)	Oneida Presentation	Tuesday, March 8	4:10 pm-4:50 pm	Employee Services
How to Improve Your Health Risk Assessment (HRA)	Oneida Presentation	Wednesday, March 9	7:10 am-7:50 am	Employee Services
Yoga	Aurora Presentation	Wednesday, March 9	12:10 pm-12:50 pm	Employee Services
Understanding Reasonable Alternative Standards (RAS)	Oneida Presentation	Friday, March 11	12:10 pm-12:50 pm	Employee Services

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
<b>March</b>				
10 Simple Rules for a Healthier Life	Oneida Presentation	Wednesday, March 16	12:10 pm-12:50 pm	Oneida Community Health Center-Main Conf Rm.
Just Move it Oneida (JMIO)	Marching Toward Health	Wednesday, March 16	4:00 pm-6:30 pm	Elementary School
Eating Healthy on a Budget	Bellin Presentation	Thursday, March 17	7:10 am-7:50 am	Employee Services
Office Ergonomics	Oneida Presentation	Friday, March 18	12:10 pm-12:50 pm	Employee Services
Colonoscopy	Prevea Presentation	Monday, March 21	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services
Mental Wellness Topic: <i>Balance</i>	OBH Education Series	Monday, March 21	4:00 pm-6:00 pm	Parish Hall
Spring Cleansing & Weight Loss	Oneida Presentation	Tuesday, March 22	12:10 pm-12:50 pm	Employee Services
<b>April</b>				
Easy Ways to Increase Vegetables in Meals/Snacks	Oneida Presentation	Friday, April 8	7:10 am-7:50 am	Employee Services
Just Move it Oneida (JMIO)	Spring into Action Walk	Wednesday, April 13	4:00 pm-6:30 pm	Elementary School
Mindful Way Through Stress	Oneida Presentation	Thursday, April 14	12:10 pm-12:50 pm	Employee Services
Mental Wellness Topic: <i>Overcoming Guilt &amp; Shame</i>	OBH Education Series	Monday, April 18	4:00 pm-6:00 pm	Parish Hall
Mindful Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, April 21	12:00 pm-1:00 pm	Oneida Family Fitness

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
<b>April</b>				
Adult Coloring to Relieve Stress <i>Registration Required: 490-3620</i>	EAP Presentation	Thursday, April 21	12:10 pm-12:50 pm	Cottage 1240
Energy, Sports & Soft Drinks: How to Choose Wisely	Oneida Presentation	Monday, April 25	12:10 pm-12:50 pm	Employee Services
Energy, Sports & Soft Drinks: How to Choose Wisely	Oneida Presentation	Tuesday, April 26	7:10 am-7:50 am	Main Casino-Exec Conf Room
Office Ergonomics	Oneida Presentation	Thursday, April 28	7:10 am-7:50 am	Employee Services
Eczema and Dry Skin	Aurora Presentation	Friday, April 29	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services
March of Dimes <i>5K / 3 mile walk/run</i>	Oneida Event	Saturday, April 30	9:00 am-12:00 pm	Ashwaubomay Park
<b>May</b>				
Bike Ride <i>Registration Required: 490-3810</i>	Oneida Adventures	Wednesday, May 4	12:00 pm-1:00 pm	Oneida Family Fitness
Healthy Food Alternatives for Youth	Bellin Presentation	Tuesday, May 10	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services
Bike Ride <i>Registration Required: 490-3810</i>	Oneida Adventures	Wednesday, May 11	12:00 pm-1:00 pm	Oneida Family Fitness
Mental Wellness Topic: <i>The Impact of Substance Abuse on Family</i>	OBH Education Series	Monday, May 16	4:00 pm-6:00 pm	Parish Hall
Bike Ride <i>Registration Required: 490-3810</i>	Oneida Adventures	Wednesday, May 18	12:00 pm-1:00 pm	Oneida Family Fitness
10 Simple Rules for a Healthier Life	Oneida Presentation	Wednesday, May 18	12:10 pm-12:50 pm	Oneida Community Health Center-Main Conf Rm.

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
<b>May</b>				
Just Move it Oneida (JMIO)	National Employee Health & Fitness	Wednesday, May 18	4:00 pm-6:30 pm	Elementary School
Cholesterol	Bellin Presentation	Thursday, May 19	7:10 am-7:50 am	Employee Services
Aromatherapy 101	Oneida Presentation	Thursday, May 19	12:10 pm-12:50 pm	Employee Services
Adult Coloring to Relieve Stress <i>Registration Required: 490-3620</i>	EAP Presentation	Thursday, May 19	12:10 pm-12:50 pm	Cottage 1240
Musculoskeletal Disorder (MSD) Improving bone and muscle strength for 50+	Bellin Presentation	Wednesday, May 25	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services
Bike Ride <i>Registration Required: 490-3810</i>	Oneida Adventures	Wednesday, May 25	12:00 pm-1:00 pm	Oneida Family Fitness
Stroke Prevention	Bellin Presentation	Thursday, May 26	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services
<b>June</b>				
Stress	Aurora Presentation	Wednesday, June 1	12:10 pm-12:50 pm	Employee Services
Canoe Tour <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, June 2	5:00 pm-8:00 pm	Oneida Family Fitness
Kayak Tour <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, June 9	5:00 pm-8:00 pm	Oneida Family Fitness
Good Carbs vs Bad Carbs	Bellin Presentation	Thursday, June 16	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services
Adult Coloring to Relieve Stress <i>Registration Required: 490-3620</i>	EAP Presentation	Thursday, June 16	12:10 pm-12:50 pm	Cottage 1240

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
<b>June</b>				
Just Move it Oneida	Kickoff to Summer Fun	Saturday, June 18	9:00 am-11:30 am	Oneida Lake
Mental Wellness Topic: <i>The Challenge of Change</i>	OBH Education Series	Monday, June 20	4:00 pm-6:00 pm	Parish Hall
Emergency or Urgent: <i>Whats the Cost?</i>	Oneida Presentation	Thursday, June 23	12:10 pm-12:50 pm	Employee Services
Quick and Easy Summer Meals	Oneida Presentation	Tuesday, June 28	12:10 pm-12:50 pm	Employee Services
Understanding Your Health Risk Assessment (HRA)	Oneida Presentation	Thursday, June 30	12:10 pm-12:50 pm	Employee Services
<b>July</b>				
Understanding Your Health Risk Assessment (HRA)	Oneida Presentation	Wednesday, July 6	7:10 am-7:50 am	Employee Services
Getting Mentally Ready for Weight Loss	Oneida Presentation	Wednesday, July 6	12:10 pm-12:50 pm	Oneida Community Health Center-Main Conf Rm.
Understanding Reasonable Alternative Standards (RAS)	Oneida Presentation	Thursday, July 7	12:10 pm-12:50 pm	Employee Services
Canoe Tour <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, July 7	5:00 pm-8:00 pm	Oneida Family Fitness
Just Move it Oneida (JMIO)	Summer Walk	Wednesday, July 13	4:00 pm-6:30 pm	Duck Creek Trail
Healthy Meals	Bellin Presentation	Thursday, July 14	7:10 am-7:50 am	Employee Services
Ways to Decrease Screen Time & Increase Fruits Every Day	Oneida Presentation	Thursday, July 14	12:10 pm-12:50 pm	Employee Services

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
<b>July</b>				
Mental Wellness Topic: <i>Forgiveness</i>	OBH Education Series	Monday, July 18	4:00 pm-6:00 pm	Parish Hall
Happiness Series: Breathwork Practice <i>Registration Required: 490-3620</i>	EAP Presentation	Thursday, July 21	12:10 pm-12:50 pm	Cottage 1240
Emergency or Urgent: <i>Whats the Cost?</i>	Oneida Presentation	Thursday, July 28	7:10 am-7:50 am	Employee Services
Relay for Life of Oneida: <i>5K / 3 mile walk</i>	Oneida Event	Friday, July 29	6:00 pm-12:00 am	Norbert Hill Center
<b>August</b>				
Understanding Reasonable Alternative Standards (RAS)	Oneida Presentation	Tuesday, August 2	7:10 am-7:50 am	Employee Services
Better Bag of Groceries	Festival Foods	Thursday, August 4	12:10 pm-12:50 pm	Employee Services
Vascular Health	Prevea Presentation	Thursday, August 11	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services
Kayak Tour <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, August 11	5:00 pm-8:00 pm	Oneida Family Fitness
Just Move it Oneida (JMIO)	Beat the Heat Walk	Saturday, August 13	9:00 am-11:30 am	Oneida Lake
Mental Wellness Topic: <i>Codependency</i>	OBH Education Series	Monday, August 15	4:00 pm-6:00 pm	Parish Hall
How Your Health Affects Your Eyes	Oneida Presentation	Wednesday, August 17	12:10 pm-12:50 pm	Employee Services
How to Improve Your Health Risk Assessment (HRA)	Oneida Presentation	Thursday, August 18	12:10 pm-12:50 pm	Employee Services
Happiness Series: Visualization Practice <i>Registration Required: 490-3620</i>	EAP Presentation	Thursday, August 18	12:10 pm-12:50 pm	Cottage 1240

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
<b>August</b>				
Emergency or Urgent: <i>Whats the Cost?</i>	Oneida Presentation	Tuesday, August 30	7:10 am-7:50 am	Employee Services
<b>September</b>				
Hurting Hips and Knees	Aurora Presentation	Tuesday, September 6	12:10 pm-12:50 pm	Employee Services
Bike Ride <i>Registration Required: 490-3810</i>	Oneida Adventures	Wednesday, September 7	12:00 pm-1:00 pm	Oneida Family Fitness
Bike Ride <i>Registration Required: 490-3810</i>	Oneida Adventures	Wednesday, September 14	12:00 pm-1:00 pm	Oneida Family Fitness
Headaches	Aurora Presentation	Thursday, September 15	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services
Happiness Series: Laughing Practice <i>Registration Required: 490-3620</i>	EAP Presentation	Thursday, September 15	12:10 pm-12:50 pm	Cottage 1240
Oral Health & Diabetes	Oneida Presentation	Friday, September 16	12:10 pm-12:50 pm	Oneida Community Health Center-Main Conf Rm.
Mental Wellness Topic: <i>Protecting our Children</i>	OBH Education Series	Monday, September 19	4:00 pm-6:00 pm	Parish Hall
Bike Ride <i>Registration Required: 490-3810</i>	Oneida Adventures	Wednesday, September 21	12:00 pm-1:00 pm	Oneida Family Fitness
10 Simple Rules for a Healthier Life	Oneida Presentation	Wednesday, September 21	12:10 pm-12:50 pm	Oneida Community Health Center-Main Conf Rm.
Just Move it Oneida (JMIO)	Oneida Diabetes Walk	Saturday, September 24	9:00 am-11:30 am	Norbert Hill Center
Bike Ride <i>Registration Required: 490-3810</i>	Oneida Adventures	Wednesday, September 28	12:00 pm-1:00 pm	Oneida Family Fitness

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
<b>October</b>				
Mindful Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, October 6	12:00 pm-1:00 pm	Oneida Family Fitness
Musculoskeletal Disorder (MSD) <i>Improving bone and muscle strength for 50+</i>	Bellin Presentation	Wednesday, October 12	7:10 am-7:50 am & 12:10 pm-12:50 pm	Employee Services
Laughter is the Best Medicine	Oneida Presentation	Friday, October 14	12:10 pm-12:50 pm	Employee Services
Mental Wellness Topic: <i>The Four Agreements</i>	OBH Education Series	Monday, October 17	4:00 pm-6:00 pm	Parish Hall
The Tapping Solution: Stress Management <i>Registration Required: 490-3620</i>	EAP Presentation	Thursday, October 20	12:10 pm-12:50 pm	Cottage 1240
Just Move it Oneida (JMIO)	Spooktacular Walk	Saturday, October 22	9:00 am-11:30 am	Elementary School
Understanding Your Health Risk Assessment (HRA)	Oneida Presentation	Wednesday, October 26	7:10 am-7:50 am	Employee Services
How to Improve Your Health Risk Assessment (HRA)	Oneida Presentation	Thursday, October 27	12:10 pm-12:50 pm	Employee Services
Mindful Hike <i>Registration Required: 490-3810</i>	Oneida Adventures	Thursday, October 27	12:00 pm-1:00 pm	Oneida Family Fitness
<b>November</b>				
Emergency or Urgent: <i>Whats the Cost?</i>	Oneida Presentation	Thursday, November 3	12:10 pm-12:50 pm	Employee Services
Understanding Reasonable Alternative Standards (RAS)	Oneida Presentation	Tuesday, November 8	12:10 pm-12:50 pm	Employee Services
The Tapping Solution: Stress Management <i>Registration Required: 490-3620</i>	EAP Presentation	Wednesday, November 9	12:10 pm-12:50 pm	Cottage 1240
Just Move it Oneida (JMIO)	Fall Walk	Wednesday, November 16	4:00 pm-6:30 pm	Elementary School

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
<b>November</b>				
Mental Wellness Topic: <i>Your Brain &amp; Substance Abuse</i>	OBH Education Series	Monday, November 21	4:00 pm-6:00 pm	Parish Hall
<b>RAS Activity Points/Documentation due 4:00 pm Wednesday, November 30, 2016</b>				